



Food Supplement for longevity¹



Milk Thistle¹



Alpha ketoglutarate calcium²



Oxidative Stress¹



Quercetin



100 mg of 4Life Tri-Factor Formula³

AgePro

LONGEVITY



(1) Milk thistle helps protect cells from oxidative stress.
(2) Alpha-ketoglutarate (AKG) combined with calcium.
(3) Made from colostrum (milk) and egg yolk.

Choose the way you age

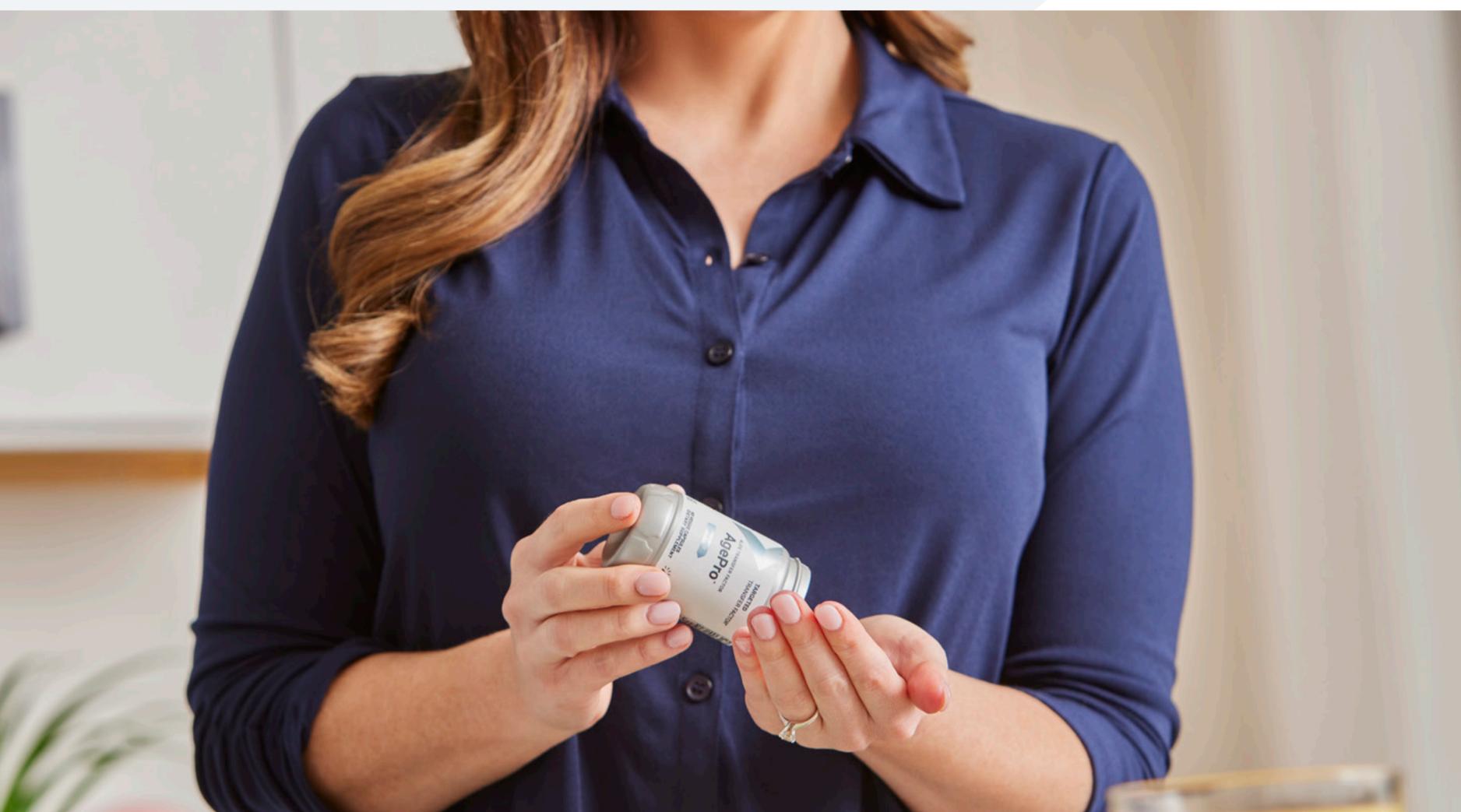
Time passes, and aging is inevitable. We worry about the passage of time and our age, but it's important to distinguish between chronological age and biological age.

- **Chronological age is defined by our date of birth, while biological age is related to the functional state of our body:** how our organs are functioning, the condition of our tissues, our cells, etc.
- **According to the World Health Organization (WHO):** “Aging is the result of the accumulation of a wide variety of molecular and cellular damage over time, leading to a gradual decline in physical and mental capacities.”
- **The key is the vitality with which we age:** how our body is physiologically, how we feel physically, our energy levels throughout the day, and our overall well-being.



What does AgePro offer?

- **Calcium alpha-ketoglutarate (Ca-AKG):** Alpha-ketoglutarate is a substance naturally produced in the body and is involved in the cellular energy production mechanism. However, AKG production decreases with age¹, and that's why we included it in AgePro.
- **Milk thistle extract:** contributes to the protection of cells from oxidative stress.
- **Quercetin:** A flavonoid found in many fruits, vegetables, and plants.
- **White button mushroom extract:** Obtained through a patented process and available exclusively at 4Life.
- **4Life® Tri-Factor® Formula:** AgePro is the only food supplement for longevity with the Tri-Factor formula.



1: Harrison, A.P. , Pierzynowski, S.G. (2008). Biological effects of 2-oxoglutarate with particular emphasis on the regulation of protein, mineral and lipid absorption/metabolism, muscle performance, kidney function, bone formation and cancerogenesis, all viewed from a healthy ageing perspective. *Journal of Physiology and Pharmacology*, 59 (Suppl 1), 91-106.

What makes us age?

- **The action of free radicals:** Cells, tissues, and organs age due to the accumulation of oxidative damage.
- **The reduction of substances that influence cellular energy production:** This can lead to increased feelings of fatigue and lack of vitality.
- **The immune system's ability to respond and its activity level:** As we age, we become more susceptible to infections and diseases.

What is healthy aging?

Healthy aging means adding life to years. According to the WHO, healthy aging is “the process of developing and maintaining the functional ability that enables well-being in older age.”



When do we start aging?

Aging begins in our 30s, as changes gradually affect our physical health and appearance, marking the onset of the aging process. Key reasons include:

- Decreased metabolic rate
- Slower cellular repair
- Reduced collagen production
- Beginning of gradual muscle loss



Choose actions for vitality

Opt for longevity! Today is the beginning of your future. Counteract the effects of aging from the beginning considering these actions to maintain vitality:

- **Varied and balanced diet:** Focus on rich in fiber, and antioxidants foods to support metabolic rate and cellular repair. Learn to enjoy low-fat meals.
- **Engage in regular physical activity:** Incorporate both cardio and strength training to boost metabolism and counteract muscle loss.
- **Adequate Sleep:** Ensure 7-9 hours of quality rest to aid cellular repair and overall well-being.
- **Stress Management:** Practice relaxation techniques and mindfulness.
- **Hydration:** Drink plenty of water to support metabolic functions and maintain skin elasticity.
- **Skin Care:** Use products that enhance collagen production to combat reduced skin elasticity.
- **Avoid toxic habits:** Smoking, alcohol consumption, sedentary lifestyle, overuse of technology and negative thinking.
- **Take care of your immune system:** Help your body's natural defenses by all the previous actions plus prioritizing immune-boosting vitamins and minerals, such as vitamin C, vitamin D, and zinc.



Choose the way you age

 60
VEGETABLE
CAPSULES

 43.68g
NET WEIGHT



**TAKE TWO (2) CAPSULES
DAILY WITH 240 ML OF LIQUID.**

NUTRITION INFORMATION

Daily Serving Size: Two (2) Capsules

Daily Serving Per Container: 30

Amount Per Daily Serving

Alpha ketoglutarate calcium	1020 mg
Quercetin	50 mg
White button mushroom extract	50 mg
Milk thistle extract	25 mg
Colostrum	70 mg
Egg Yolk	30 mg



Warnings: Should not be consumed by pregnant or lactating women, nor by children. Food supplements should not be used to substitute a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

INGREDIENTS:

Alpha ketoglutarate calcium, glazing agent (hydroxypropyl methylcellulose), 4Life® Tri-Factor® Formula (made from colostrum (**milk**) and **egg** yolk), quercetin dihydrate, white button mushroom (*Agaricus bisporus*) fruiting body extract, and milk thistle (*Silybum marianum*) fruit extract.

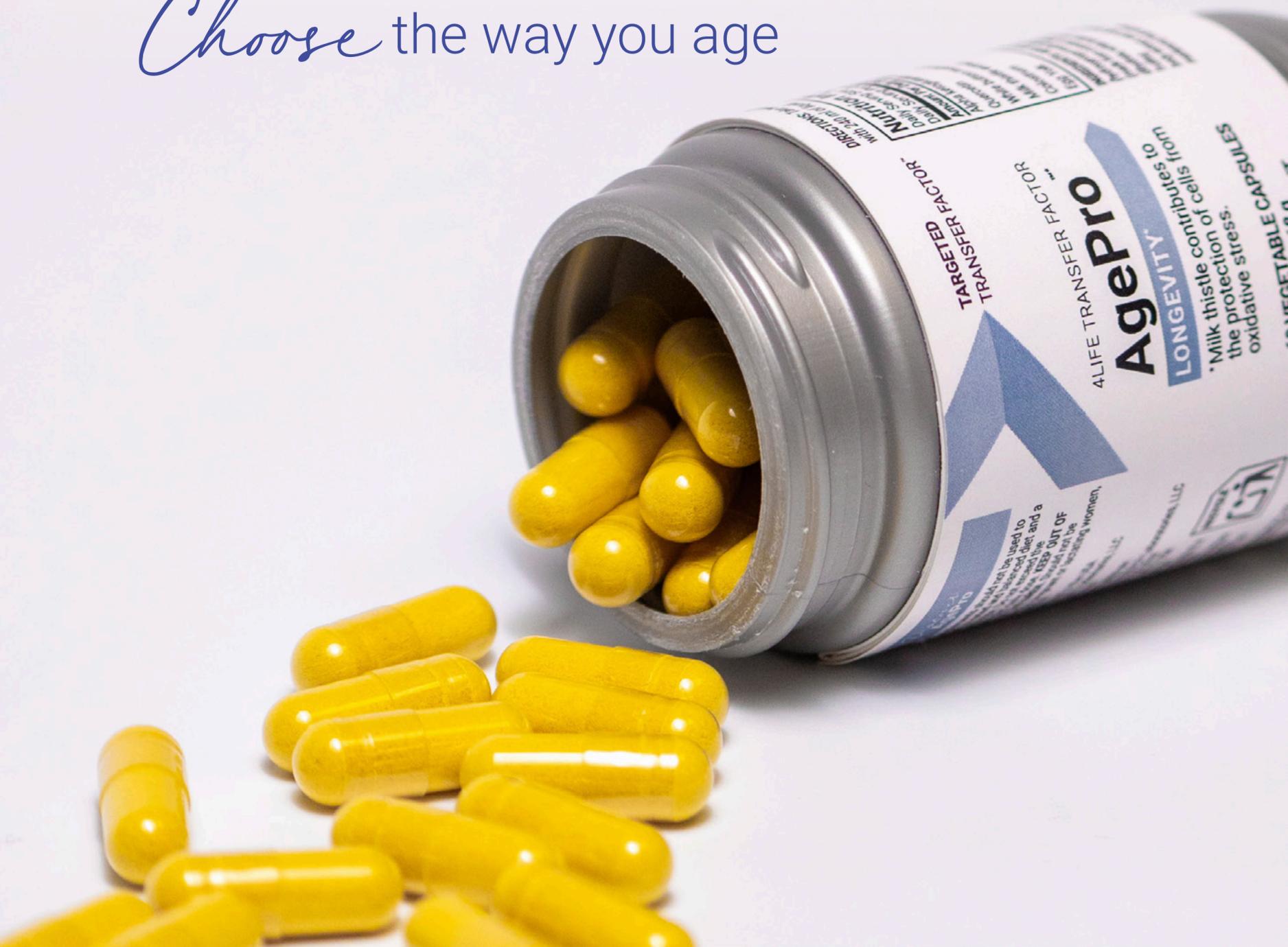


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